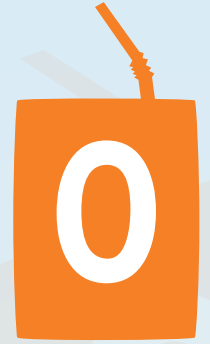


What can **you** do?



growing healthy families



Eat at least five servings or 2 1/2 cups of fruits and vegetables every day.

Limit TV and other screen time to two hours or less each day.



Get up and get moving for one hour of physical activity every day.

Avoid soda and sugar-sweetened drinks.



South Carolina Department of Health
and Environmental Control

www.scdhec.gov